



GOBIERNO  
DE  
CANTABRIA



CONSEJERÍA DE EDUCACIÓN  
CULTURA Y DEPORTE

## PRUEBAS DE ACCESO A LOS CICLOS FORMATIVOS DE GRADO SUPERIOR

Convocatoria de 14 de junio de 2018 (Resolución de 9 de marzo de 2018)

| DATOS DEL ASPIRANTE | CALIFICACIÓN |
|---------------------|--------------|
| Apellidos:          |              |
| Nombre:             |              |
| D.N.I.:             |              |

### GRADO SUPERIOR - PARTE COMÚN INGLÉS

Mantenga su **DNI en lugar visible** durante la realización de la prueba.  
**Lea detenidamente** los **enunciados** de las cuestiones.  
Cuide la presentación (orden, claridad y limpieza). **Destaque las soluciones.**  
**Duración de la prueba: 1 HORA**

#### Is it right if children use screen time before bed?

New research shows that it is bad for children to watch TV, tablet or mobile phone screens before going to bed. According to researchers from the University of Colorado "screen time" before sleeping damages children's health. The researchers looked at over 60 different studies on how screen time affects children. They said: "90 per cent of the studies looking at children aged from 5 to 17 around the world found that a lot of screen time is associated with going to bed late, fewer hours of sleep, and poorer sleep quality". Screens are becoming smaller and smaller, so children can look at them in bed. More than 75 per cent of children in the study had some kind of screen in their bedroom.

Children need a lot more sleep than adults. Pre-school children need 10 to 13 hours, pre-teens between nine and 12 hours, and teenagers between eight and 10 hours a night. The researchers found three main reasons why screens affect children's sleep. First, the light from screens confuses a child's body clock because it makes children think it is still daytime. Second, children watch videos of things that excite them and keep their brain active, so they take longer to sleep. Finally, when children are watching screens, they are not exercising. Children need physical activity to make them tired.

adapted from <http://www.breakingnewsenglish.com>

**Question 1. (2 points) Indicate whether the following statements are TRUE or FALSE and write down the part of the text which justifies your answer.**

TRUE FALSE

1. A recent investigation ucle that watching TV before bedtime is bad for children. \_\_\_\_\_

\_\_\_\_\_

2. According to this study about 75% of children had no screen in their bedroom. \_\_\_\_\_

\_\_\_\_\_

3. The researchers mentioned some causes why screens are bad.

\_\_\_\_\_

\_\_\_\_\_

4. The researchers said screens animate children to exercise.

\_\_\_\_\_

\_\_\_\_\_

**Question 2 (2 points) Answer the following questions in your own words.**

1) Should children use their tables or mobile phones just before going to bed? Why? / Why not?

\_\_\_\_\_

\_\_\_\_\_

2) How old were the children that were considered in the studies?

\_\_\_\_\_

\_\_\_\_\_

**Question 3 (1.5 points) Find the synonyms in the text for the following words.**

1) Scientists (paragraph 1) \_\_\_\_\_

2) Discovered (paragraph 1) \_\_\_\_\_

3) Influence (paragraph 2) \_\_\_\_\_

**Question 4 (1.5 points) Complete these sentences with the correct structure.**

1) Children \_\_\_\_\_ usually do exercise enjoy a better health (*relative pronoun*)

2) Tablet screens must not \_\_\_\_\_ watched before going to bed (*passive*)

3) If you went to sleep after watching TV for hours, you \_\_\_\_\_ not have a restful sleep (*conditional*)

**Question 5 (3 points) Write a short essay (about 100 words) on ONE of the following topics.**

a) Children should not use tablets or watch TV after 8.00 pm

b) Advantages and disadvantages of using tablets in your daily life